

How to Protect Yourself with Face Cloth Coverings

Face coverings can be an effective means of slowing the spread of the infectious agent for many respiratory illnesses and may help slow the spread of COVID-19. According to the CDC, people can transmit the virus to others even if they have no symptoms or before they develop symptoms. This means that the virus can spread between people interacting in close proximity such as speaking, coughing, or sneezing, even if those people are not exhibiting symptoms.



To slow the spread of COVID-19, the CDC recommends wearing cloth face coverings over your mouth and nose, especially in public settings where other social distancing measures are difficult to maintain. Face coverings should fit snugly yet be comfortable when secured in place with ear loops. Face coverings should fit well and allow a person to breathe with ease. For those people that have difficulty breathing when wearing a face covering, they should follow the advice of their health care provider. The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Wearing a face covering does NOT provide complete protection and does not replace other ways of slowing virus spread such as staying away from public places and group gatherings, washing hands and using hand sanitizer often, avoiding touching eyes, nose and mouth, and practicing physical distancing.

Along with hand washing and staying home when you are sick, wearing a face covering is an important way to help slow the spread of COVID-19 on the job and out and about in the community.

Source: CDC, University of Florida IFAS extension



HELP KEEP YOURSELF SAFE		CDC ISSUES NEW CLOTH MASK GUIDELINES			
The CDC now recommends everyone wear cloth mask while in public. Here are some dos and don'ts to help keep you and your family safe					
DO					
	wear mask when running essential errands	practice social distancing, even with the mask on in public	take the mask off by the ear elastic when you get home and wash it as soon as possible	wash your hands for 20 seconds after removing the mask and on a regular basis	
DON'T					
	touch the mask without washing your hands	play with the mask while wearing it	take the mask off by grabbing the center fabric near your mouth and nose	share mask with others in your household without washing them first	

In This Issue:

- Face Cloth Coverings
- National Safety Month: Office Safety, Water Safety, Food Safety
- Working in the Summer Heat
- Tips for a Healthy Summer
- Healthy Summer Eats
- Staying Healthy and Active



STAY



SAFE

SAFETY FIRST

Office Safety



One of the most misunderstood office furniture of all times is the office chair. However, you too, can be safe if you follow the following tips.

Chair pronunciation Key (châr) noun.

A piece of furniture consisting of a seat, legs, back, and often arms, designed to accommodate one person.



Do not lean until you lose your balance.

Use a ladder instead of your chair for overhead reaching.



Do not use your chair to transport items. Use a trolley instead.



Try walking to your phone instead of rolling on the chair.



WATER SAFETY TIPS



TEACH THEM EARLY

Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.

ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.



WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.

DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.

WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



SUIT UP!

Make sure children always wear life jackets and use proper water safety and flotation devices.

I'M ON A BOAT!

Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.



STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.

GET CERTIFIED

Become certified in infant and child First Aid and CPR.



FOOD + SAFETY

Cover All Four Bases To Avoid Foodborne Illness

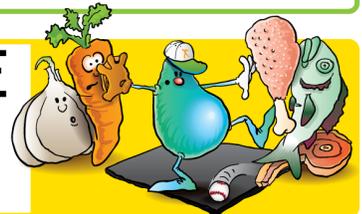


CLEAN

Your hands, tools, and food preparation area should all be clean before you cook.

SEPARATE

Steer clear of cross-contamination by keeping raw meat, poultry, seafood & eggs separate from all other foods.



COOK

Cook to proper temperature and serve hot: Don't stay in the danger zone!

Cook your food completely and make sure it reaches the proper temperature before eating. Use 165° for leftover reheating. Avoid the danger zone between 40° and 140°F. See foodsafety.gov for the USDA safe meat temperature guide.

Chill quickly:

Don't be in the danger zone!

CHILL

Chill leftovers quickly or within 1-2 hours. Defrost food in the refrigerator or under cold running water. Serve and store cold food cold below 40°F.



JULY IS UV SAFETY MONTH

PROTECT YOUR SKIN IN 5 WAYS



Have access to **SHADE** at any time of the day.



Wear a **HAT** to offer protection from the sun.



Wear **SUNGLASSES** to protect your eyes from sun damage.



COVER UP by wearing loose-fitting shirts to provide the best protection from the sun.



Use **SUNSCREEN** to protect your skin from the harmful UV rays.

Working in the Summer Heat

Working outdoors in the summer heat can be physically challenging. Yes, there is work to be done, but you want to complete it without jeopardizing your health and well-being.

Getting through a hot day takes planning and preparation and you shouldn't arrive unprepared for the heat. Finding what works for you is also personal. Not only do our bodies respond differently, but not every job that requires working outdoors is the same. Using what is best for your body and your work situation will make all the difference.

When it's hot, thirst is not always the best indicator of your body's hydration needs. Make sure you drink water every 15 to 20 minutes. When a heat wave is on, don't

overdo it on the caffeine, as that in excess can prompt dehydration. Try to ensure your hot weather diet includes plenty of leafy green vegetables or fresh fruit and nuts to help replenish your electrolytes.

When the sun is especially punishing, it's critical to keep yourself protected from its rays. That means wear cool, loose-fitting clothing in light-colored fabrics that breathe and help your body maintain a healthy temperature. You want to make sure you protect your skin from the sun. Even if you're properly dressed for the conditions, it's impossible not to have some skin exposed. Make sure you apply a sunscreen that has an SPF rating of at least 30 and plan to keep layering it on throughout the day.

Sometimes, despite the best efforts of you and your colleagues, the heat can simply overwhelm a team member. Stay alert for the warning signs of heat exhaustion, which are heavy sweating, rapid pulse, dizziness, goose bumps on the skin, muscle cramps and headache. Heat exhaustion is a precursor to the more serious heat stroke, which can typically be identified by a lack of sweating, nausea and vomiting, mental confusion, flushed skin, rapid breathing and a racing pulse. If you sense that you or someone else is suffering from heat exhaustion, get them out of the sun and into a cooler setting. If there are serious signs, seek medical attention immediately.

There are all kinds of ways to stay cooler during extreme heat. When the temperatures rise, but the job needs to get done, make sure you arrive at the worksite with a plan for staying healthy. Use as many of these tips as you possibly can, and don't underestimate the seriousness of high temperatures on the body. Preserving your body is not only good for your health but it's also important for your long-term earnings as well. Stay cool and work smart.

Source: www.forconstructionpros.com

SIGNS OF

HEAT EXHAUSTION

DIZZINESS & FAINTING
EXCESSIVE SWEATING
RAPID, WEAK PULSE
NAUSEA OR VOMITING
COOL, PALE CLAMMY SKIN
MUSCLE CRAMPS



HEAT STROKE

THROBBING HEADACHE
NO SWEATING
RAPID, STRONG PULSE
NAUSEA OR VOMITING
RED, HOT DRY SKIN
MAY LOSE CONSCIOUSNESS

HEALTHY SUMMER EATS

Sneaky Turkey Meatballs

Most kids refuse to eat certain veggies. In order to feed them healthy foods, may have to be sneaky sometimes. The veggies in this recipe keep the meatballs moist while providing nutrients.

Ingredients

- 1/4 head fresh cauliflower
- 1/2 cup finely shredded cabbage
- 1 tablespoon potato starch or cornstarch
- 1 tablespoon balsamic vinegar
- 1 teaspoon sea salt
- 1 teaspoon dried basil
- 1/2 teaspoon pepper
- 1 pound ground turkey
- Optional: barbecue sauce and chopped fresh basil leaves



Preparation: 15 minutes **Bake:** 20 minutes

- Preheat oven to 400°. Place cauliflower in a food processor; pulse until finely chopped. Transfer to a large bowl. Add the cabbage, potato starch, vinegar, salt, basil and pepper.
- Add turkey; mix lightly but thoroughly. With ice cream scoop or with wet hands, shape into 1 1/2-in. balls. Place meatballs on a greased rack in a 15x10x1-in. baking pan. Bake 20-24 minutes or until cooked through. If desired, toss with barbecue sauce and top with basil..

Grilled Summer Veggies



Ingredients

- 1 eggplant, unpeeled, sliced in 1/2 inch rounds
- 1 zucchini, sliced diagonally in 1/2 inch rounds
- 1 sweet red pepper, halved, seeded, cut in 1/2 inch strips
- 2 Tbsp Basting oil (This oil is a mix of Grapeseed Oil and Canola Oil, with a herb blend of garlic, thyme and parsley)

How to Make

- Preheat grill on medium. Coat cleaned grill grate lightly with vegetable oil. Drizzle eggplant, zucchini, and pepper with basting oil.
- Grill veggies, turning every 1-2min, until both sides are grill-marked and veggies are knife-tender, 10-12 min.

Source: Wegmans

Refreshing Water

To keep our bodies hydrated, water is the best beverage to drink. However, not everyone enjoys drinking plain water. As a result, many people turn to unhealthy drinks such as overly sweet iced tea, soda pop, and ginger ale. A tasty way to jazz up a glass of plain water is by infusing it with fresh fruit. As a result, you'll have a naturally sweetened way to hydrate your body. You can infuse any fruit of your choice such as lemon, strawberry, orange, and watermelon.



More Reasons to Eat Fruit!

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|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Cherries help calm your nervous system</p> |  <p>Grapes relax your blood vessels</p> |
|  <p>Peaches are rich in potassium, fluoride, and iron</p> |  <p>Apples help your body develop resistance against infections</p> |
|  <p>Watermelon helps control your heart rate</p> |  <p>Oranges help maintain great skin and vision</p> |
|  <p>Strawberries can potentially fight against cancer and aging</p> |  <p>Bananas are great for athletes because they give you energy</p> |
|  <p>Pinapples help fight arthritis</p> |  <p>Blueberries protect your heart</p> |
|  <p>Kiwis increases bone mass</p> |  <p>Mangos protect against several kinds of cancer</p> |

Staying Physically Healthy & Active During COVID-19

With many gyms, parks and recreation centers closed, we know it may be difficult to keep the family physically active while the nation works to prevent the spread of the coronavirus. Lifestyle factors may determine if you're going to get sick or remain healthy. One of those factors is physical activity. A sedentary lifestyle is usually associated with an increased risk for chronic disease, loss of movement, and decreased immune health. For those reasons, physical activity and movement are extremely important during the coronavirus pandemic.

With most of our daily movement restricted during the coronavirus pandemic, it can be difficult to keep up an exercise routine. If you enjoy fitness classes, you're probably missing the camaraderie and the atmosphere of the gym. And even if you are getting some movement in, you might be feeling frustrated that you're not at your usual level of activity. But now, more than ever, exercise is important. It can have a huge impact on anxiety you're feeling due to coronavirus and help ease stress and depression. It's normal to feel stir crazy, but also less motivated to exercise since your routine has been turned upside down. But don't be too hard on yourself. Even a small amount of movement, like a walk around the block, can make a difference.

Regular physical activity is important for both our physical and mental well-being. The World Health Organization recommends children and youth aged 5–17 engage in at least 60 minutes of moderate- to vigorous-intensity physical activity daily and adults are to aim for at least 150 minutes of moderate activity every week.

Here are some tips to stay active:

- Check the latest guidelines from your government on the specifics for your area. Take a walk, jog, or ride a bike outside if you can—just maintain a safe distance from others. Going for a walk around the block will not only stretch your legs but help clear your head as well and might even inspire you to walk a little further the next day.
- Including the people you're quarantined with can make exercising more fun. Play an active game like tag or hopscotch with your kids or turn on some music and dance together. Activity video games is another idea to help you get your heart rate up while staying at home. There are also many options for “exergames” that simulate dancing, skateboarding, soccer, bowling, or tennis. These can be great alternatives if you miss the real thing.
- Using fitness trackers, apps, or even just keeping a journal can help you stay accountable and motivated. Seeing your progress and your ability to keep active during this difficult time will give you a sense of accomplishment and an emotional boost to keep going.

It can be difficult to stay motivated to exercise in the best of times. The added disruption and stress from the coronavirus pandemic only makes it harder. Especially during periods of uncertainty and fear, it's important to remember that something is always better than nothing. Have fun and get moving!



Source: Help Guide



HEALTH IS NOT ABOUT THE WEIGHT YOU LOSE. IT'S ABOUT THE LIFE YOU GAIN.

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